

Research Paper—Physical Education



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The Use of Information Technology in Sports Activities at College and University Level



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Internet has been used in every aspect of life. The knowledge of internet and allied technology is essential. In earlier times telegraph, dot transtolonic telegraph, telephone, radio and cable transmission were means of information technology. Until 1960, only professionals used computers. They were not available to the common people. In the later half of 20th century, telephone networking and other electronical aids spread rapidly.

Information technology has changed the dimentions of medical sciences, Commerce, railways, agriculture, defence Studies, aviation, Education, and research. It has become a significant means of transactions. Information technology can enrich researchers in Physical Education, Coaches, Sports person and Sports Lovers.

University grants commission financially assist Research activities and provides infrastructural facilities like Computer, Laptop, C.Ds audio-visual equipments. It also assists in creating and maintaining good environment for Sports activities. At Inter University Level, Organizing Seminars. The research areas in Physical education mainly Physical and mental health, balance diet, the rules of sports, the functioning of sports committees, organization of sports tournaments etc are available. The information technology plays an important role in research activities at University and Inter-university level. The information technology can store data on those activities which can guide the sportsperson about health and physical fitness. The stored data can be further utilized for research and analysis. Thus information technology can enhance sports environment. The performance of sport person can also be analysed. Technology can provide them suggestions on identifying their strengths and

weakness.

A world of information is available on Internet. The data is systematically updates through internet, Sport person living in remote area can get information on rules of sports. It can thus help in ground-practice and strategies. If the Inter-university level tournaments are recorded and data is maintained electronocally, the students will be benefited. It will develop their sports skill and abilities. The students in rural areas will try to imitate the skilled sport person and thus technology can perform the role of a good coach.

Information technology has given a new turn to the sports at international level. Cricket, Football, Tennis, Hockey etc. can be taken as representative examples. The referral system offers justice in case of L.B.W., a close catch, stumping, Run-out etc. The technique of hotspot and knickometer is implemented in caught behind decisions and L.B.W. decisions. In football the technology helps in off-side decisions and goal in case of which refree is unsure. In tennis the decision regarding Ace and whether the ball is in or out can be accurately taken. I.T. thus helps in keeping good sports environment. The undue criticism is avoided.

U.G.C. is going to take initiative in using I.T. at broder level. The technique of Doping tests may be used at Inter-University level. Using I.T. sports environment in less developed areas can developed. Coaching can be more fruitful. If the coach shows them the C.Ds of different games along with the ground practice, sport person performance would be rapidly improved. Information Technology would gives new insights to the Organization and growth of Sports Activities.

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